



## United States Department of the Interior NATIONAL PARK SERVICE

Great Sand Dunes National Park and Preserve  
11500 Highway 150  
Mosca, Colorado 81146-9798  
Phone 719-378-6300 Fax 719-378-6310



### Gear List

The Ambassadors for Wilderness Program will provide all group gear (such as tents, cookware, stoves, water filters, food, etc.) We will also provide the following personal items for each participant:

- Sleeping bag
- Sleeping pad
- Stuff sack for sleeping bag
- Backpack (large, for camping)
- Journals and colored pencils

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### What you need to bring:

#### Rain gear

- Rain jacket with hood – really, truly waterproof
- Rain pants – not required, but handy

#### Warm clothes for at night

- Long underwear top and bottoms/pants – silk, polypropylene or other synthetic, NOT COTTON
- Wool or fleece mittens/gloves – NOT COTTON
- Wool or fleece hat – NOT COTTON
- Fleece jacket or wool sweater – not too bulky, NOT COTTON

#### Layers for hiking

- Long-sleeved shirt – synthetic is best, cotton will do in a pinch
- Short-sleeved shirt – synthetic is best, cotton will do in a pinch
- Comfortable, non-cotton hiking pants – Wind/warm-up pants are good, because they dry quickly. Jeans and cotton sweatpants should be avoided if possible.

#### Footwear

- Hiking boots – ALREADY BROKEN IN, new boots should be worn around the house or hiked in for at least a few days before being taken into the wilderness.
- Wool socks – a minimum of two pair, NOT COTTON! This is probably the most important thing for a student to have.
- Thin liner socks – optional but nice for avoiding blisters, men's dress socks work well
- Camp shoes/sandals – for crossing streams, knocking around in camp, and a change from wet boots



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### Sun protection

- Sunglasses
- Broad-brimmed hat or baseball cap
- Chapstick
- Sunscreen

### Miscellaneous

- Lightweight eating gear – cup, bowl, spoon. Tupperware works well.
- 2 sturdy plastic water bottles – 2 one-liter sized bottles, make sure they don't leak!
- Bug repellent
- Flashlight – very small and lightweight, and new/spare batteries
- Toilet paper, in two large ziplock bags – don't bring a whole roll!
- (For women) Feminine hygiene products
- Duffel bag or backpack – for bringing all your stuff to the park
- Camera – remembering that no one can guarantee your camera's safety! (optional)
- Pocket knife or multitool (optional)
- Small lightweight book or deck of cards (optional)

So what's the big deal about cotton? Cotton is a very bad idea for cold and wet backpacking conditions, as it's both a poor insulator and it pulls heat away from your body when wet. Wool and synthetics keep you warm even when sopping wet.

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### What to NOT bring:

- Cell phone – If you need one to communicate with your parents for transportation purposes, you can bring it to the park and it will be kept secured at the Visitor Center. Cell phones are not permitted on our trips into the wilderness.
- MP3 players/CD players/Walkmen/Portable radios
- Make-up – it'll only add weight, mess, and hassle
- Extra food or beverages

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### What to DEFINITELY NOT bring:

(having any of these items will result in immediate dismissal from the program)

- Illegal drugs
- Alcohol
- Cigarettes
- Weapons